

MAUREEN MACDONALD  
**Retiring NDP Per  
will leave a  
'lasting legacy'**  
metroNEWS



# Halifax metro

Your essential daily news | WEDNESDAY, APRIL 13, 2016

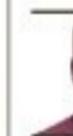
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## Transit plan rolling ahead

### APPROVED

**Some councillors raised concerns over lost routes, reduced services**

 **Zane Woodford**  
Metro | Halifax

The wheels on Halifax's public transit future have been set in motion.

Halifax Transit's Moving Forward Together Plan will start to roll out over the next year after it was approved by regional council Tuesday, despite nearly two dozen amendments from councillors concerned about losing routes or reducing service in their districts.

After the meeting, Halifax Mayor Mike Savage downplayed the effect of the amendments on the plan, pointing out that very little of the work was scheduled to happen right away.

"A lot of this work is not going to be delayed by this process, and I think the voice of the people has to be heard; that's

what council is," he said.

Halifax Transit acting director Dave Reage told reporters after the meeting that none of the amendments tacked on to the plan as a request for a staff report affects the projects in the coming year.

"There's no impact to those," he said. So what does that mean for transit users this year?

In fiscal 2016-17, Route 56 Dartmouth Crossing will change, cutting off the Penhorn and Portland Hills terminals and extending to the Dartmouth bridge terminal; Route 330 Tantallon will make one additional trip at peak times in the morning and evening; and two new buses will be added to the Access-a-Bus fleet.

On the infrastructure side, Halifax Transit will continue a number of projects it's already started, including technology upgrades, terminal upgrades, and 10 new bus shelters.

The full rollout of all the changes proposed in the plan — many of which will now be reviewed by staff — is scheduled to happen over the next five years.

For more on amendments to the plan, see page 4



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# metronews

Your essential daily news

Hold on to your popcorn, Canada; 4D movies are coming. **Business**



Melissa Ann Shepard, known as the Internet Black Widow, arrives at court in Dartmouth on March 16, 2015. She has been arrested after she was caught using the Internet which is a breach of her release conditions. ANDREW VAUGHAN/THE CANADIAN PRESS

## Back on the web

MELISSA ANN SHEPARD

### Black Widow was arrested after going on the Internet

 **Sarah Rae**  
For Metro | Halifax

Halifax's notorious Internet Black Widow was back on the web less than a month after her release from jail.

Police are reminding the public to always be vigilant about high-risk offenders, after 80-year-old Melissa Ann Shepard was spotted Monday on a computer inside Halifax Central Library, a breach of her release conditions.

"With any high-risk offender, there (are) concerns of public safety. People should always be vigilant and cautious if they're out and about and know there's a high-risk offender," Halifax Regional Police spokeswoman Const. Alicia Joseph said Tuesday.

In a news release issued earlier, police said a community response officer recognized Shepard on a computer inside the Spring Garden Road library

at about 3:40 p.m. on Monday.

He arrested Shepard without incident and transported her to Halifax Regional Police headquarters on Gottingen Street. Police said Shepard had a device capable of accessing the Internet on her, also a breach of her release conditions.

Police have charged Shepard with three counts of breaching her conditions, which also included maintaining good behaviour.

Joseph said she could not provide details about what exactly Shepard was doing on the Internet, or how closely Shepard was being monitored at the time; only that there is a dedicated team that handles high-risk offenders.

Shepard was released from a Truro women's prison March 18 and Halifax police alerted residents that a high-risk offender would be living in the community.

She had completed her sentence for serious assaults against her intimate partners, including administering noxious substances and not providing the necessities of life, for which she was sentenced in June 2013.

Her history of violent criminal convictions date back to

#### + DESCRIPTION

Shepard is an 80-year-old white woman, who is five-foot-five and weighs 181 pounds, with white hair and hazel eyes, police said.

The information was provided upon her release from jail to alert the public of Shepard's presence. At the time, police said any form of vigilante activity will not be tolerated.

1992, and include a conviction for manslaughter. Her victims have included elderly men.

Shepard's other release conditions include not communicating in any way with the victims or their family in the cases where she was convicted, and not entering into any romantic relationship until that person has been identified by the police and had the reasonable opportunity to be informed of Shepard's history.

Police said she's been released from custody on the condition that she not visit any Halifax libraries. She is scheduled to appear in Halifax provincial court May 24 to answer to the charges.

WITH FILES FROM KRISTEN LIPSCOMB

RCMP

## Man arrested after \$325K found in baggage at airport



**Nicole Gnatzowsky**  
For Metro | Halifax

It was an expensive trip for one Halifax man who abandoned a bag full of \$325,000

in Canadian currency at Toronto's Pearson International Airport earlier this month.

The abandoned luggage was described as "a suspicious unclaimed bag" left on the baggage carousel off a flight coming in from Halifax April 4, he

RCMP said in a news release Tuesday.

"The bag was intercepted by Peel Police at Pearson Airport YYZ," RCMP spokesman Cpl. Louise Savard told Metro in an email Tuesday.

Inside the suspicious bag

were several even more suspicious smaller plastic bags containing the bulk cash.

After examination, the bag tested positive for drug residue and was handed over to the RCMP anti-money laundering team

for further investigation.

The money was then deemed to be proceeds of criminal activity.

The man was arrested in Vancouver on April 4.

No charges have been laid, police said.



Money found at airport. RCMP

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## CITY HALL

## Name could be longer

Halifax Regional Municipality staff will be taking a look at making a long district name even longer after a vote from regional council Tuesday.

Coun. Reg Rankin asked for a staff report on changing the name of his district from Timberlea-Beechville-Clayton Park West to Timberlea-Beechville-Clayton Park-Wedgewood.

That would give District 12 the second longest name in the municipality, second to Brad John's Middle/Upper Sackville-Beaver Bank-Lucasville.

Coun. Russell Walker took some issue with taking the "West" out of the name, arguing that Rankin can't claim all of Clayton Park, which also falls under Walker's district.

But it wasn't enough to get him to vote no; the motion for a staff report carried unanimously.

ZANE WOODFORD/METRO

### TRANSPORTATION

#### Municipality looks for accessible transit help

Halifax regional council voted Tuesday to direct staff to explore the possibility of teaming up with accessible transportation service providers like cab companies to meet the demand for Access-a-Bus service in the municipality.

Demand for accessible transportation services in HRM has been on the rise since 2012, increasing by more than 25 per cent, and according to the staff report before council on Tuesday, "demand has outstripped supply."

ZANE WOODFORD/METRO

# Multiple amendments could reroute Halifax Transit plans

MOVING FORWARD TOGETHER

## Councillors tacked on more than two dozen changes



**Zane  
Woodford**  
Metro | Halifax

Regional council voted Tuesday to move forward with Halifax Transit plans, but nearly two dozen amendments tacked on by councillors could see the plan idling at the terminal.

The Moving Forward Together Plan is the result of more than three years of work by Halifax Transit, and extensive public consultations that heard from tens of thousands of transit users. The final plan proposes a newly redesigned transit network, focused on making Halifax Regional Municipality's transit system "easier to understand and easier to navigate for existing and potential transit users."

Changing the whole network requires numerous route changes and Halifax Transit recommended scrapping some routes altogether. That led to

**"This is the beginning of the political part of this process."**  
Halifax Mayor Mike Savage

23 amendments from councillors who didn't want to see a reduction of service in their districts.

"I probably would've preferred to have a few less amendments, but I do think you have to understand that this is the beginning of the political part of this process," Halifax Mayor Mike Savage said after the vote.

The changes proposed in the amendments will come back

in a staff report that makes individual recommendations on each amendment.

Halifax Transit acting director Dave Reage said Tuesday it would take staff several months to compile the report, but he couldn't say exactly how long it would take.

Of the changes, he said that while "some could probably be done in isolation, others will have ripple effects."

It's More Than Buses rep-

resentative Scott Edgar said the concerns from councillors were to be expected, but they all necessarily change the overall plan.

"There's no way to change one part of it without potentially screwing up lots of other parts in ways that you don't even realize that you're doing," he said.

Transit union president Ken Wilson said he sees the numerous amendments as councillors stalling the plan. "It's almost a case of 'not in my backyard'; change the transit system, but make sure you don't affect my route in my district," he said.



JEFF HARPER/METRO

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# New Democrat MLA ends 18 years of public service

MAUREEN MACDONALD

**Retiring NDPer says she will remain 'an active citizen'**

 **Sarah Rae**  
For Metro | Halifax

Maureen MacDonald has officially retired from politics, but she'll still be making her mark as an engaged citizen.

New Democrat representative MacDonald stepped down as Halifax Needham MLA on Tuesday, after serving in the Nova Scotia legislature for 18 years.

"I'm now a private citizen and I will be an active citizen. I care about my community, I care about many of the people in my community and their day-to-day struggles and aspirations," she told Metro by phone Tuesday.

It's a demanding job, she said, and after taking a leave of absence to deal with some health issues and reflect on her future, decided it was time to retire.

She said she's leaving her seat available for "someone who can devote the 24-hour, seven-days-a-week attention that my constituency needs and deserves."

Over the last 18 years, MacDonald said she's seen many significant moments, but some highlights are being the province's first female finance minister, the reduction of the cost of generic drugs, and Dr. John Ross's report on how to fix the problems in Nova Scotia's emergency rooms.

"I feel like I have a record of accomplishments that I can be



**“**Maureen MacDonald's intelligence, work ethic, and dedication to progressive ideals will be greatly missed in our caucus.

NDP Leader Gary Burrill

Maureen MacDonald is sworn in as Nova Scotia's first female finance minister, at Government House in Halifax in May 2012. After 18 years of serving her constituents, MacDonald formally retired from politics on Tuesday. ANDREW VAUGHAN/THE CANADIAN PRESS

very proud of and very satisfied with after my time in the legislature," she said.

Having been an NDP member for more than 35 years, she said the country's better off because there is a social democratic party, and is looking forward to the rebuilding process.

MacDonald was first elected as an MLA for Halifax Needham in 1998 and presided over

many portfolios in her career, including health and wellness, finance, Gaelic affairs and African Nova Scotia Affairs.

She was named the province's first female minister of

finance in then-premier Darrell Dexter's government, and introduced a balanced budget in spring 2013.

MacDonald served as interim party leader after the 2013 prov-

incial election until Gary Burrill was elected in February.

Before getting into politics, MacDonald was a professor of social policy at the Maritime School of Social Work.

She said there's no chance she'll run for another office, and after resting and cleaning out her office she hopes to do some travelling and then settle in as an active citizen.

**“**Maureen has left a lasting legacy in Halifax Needham, the legislature and our province.

Progressive Conservative Leader Jamie Baillie

## SEXUAL VIOLENCE Province funds new programs

The Nova Scotia government is funding several projects aimed at preventing sexual violence.

More than \$70,000 will be given to six organizations that work with young people in the Annapolis Valley.

One group will use \$30,000 to help African Nova Scotian men become leaders in preventing sexual violence.

Acadia University will also use a grant to develop a campus-wide strategy on consent and coercion.

THE CANADIAN PRESS

CRIME

## Pizzeria robbed at knifepoint

Halifax Regional Police say they are searching for a woman who robbed a Halifax pizzeria at knife-point early Tuesday morning.

Police say the suspect entered Velos Pizza on Young Street, and demanded cash while wielding a knife before fleeing on foot.

Police responded at 12:55 a.m. Tuesday but could not locate the suspect. After investigating, police say they have identified the woman and are currently looking for her. METRO

## ACCIDENT

A 54-year-old Nova Scotia man was found pinned underneath a flatbed trailer he had been working on. He is recovering in hospital, and the incident is under investigation by the Nova Scotia Department of Labour and Advanced Education.

NICOLE GNADZOWSKY/FOR METRO

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# Law grad charged with murder

COURTS

## Suspect in Johnston death appears after hospital stay

**Yvette d'Entremont**  
Metro | Halifax

A dishevelled-looking Nicholas Jordan Butcher flipped the hood of his grey sweatshirt back on his head, bit his lip and appeared somewhat unsteady on his feet as sheriffs led him out of a Halifax courtroom Tuesday.

During a brief court appearance, the 33-year-old Halifax man was charged with second-degree murder in relation to the death of Kristin Johnston.

He was remanded into custody and will be back in court April 27.

Butcher was originally arrested March 26, the day of Johnston's death, but was released from custody pending hospital treatment of what were described by Halifax Regional Police as serious but non-life-threatening injuries.

He wasn't handcuffed as he was led into and out of Halifax provincial court by sheriffs. His arm was hidden underneath his hoodie but appeared to be in some kind of sling.

Sources say his injury was a severe cut to the wrist area.

In a press conference with media Tuesday afternoon, Halifax Regional Police Supt. Jim Perron said investigators aren't looking for any other suspects.

"What differentiates first- to second-degree murder) is that



Nicholas Jordan Butcher gets escorted into Halifax provincial court on Tuesday to face charges of second-degree murder in the death of Kristin Johnston. JEFF HARPER/METRO

first usually has elements of planning and deliberation, and that's why we're left with second-degree murder at this point," Crown prosecutor Carla Ball told media outside the courtroom.

"In law, you can always upgrade a charge if the evidence supports that," Ball said.

When asked about Butcher's arm, Ball said she couldn't comment.

"I can say that we're in the process of reviewing disclosure and disclosure will highlight the evidence," she said.



You can always upgrade a charge if the evidence supports that.

Carla Ball

Butcher graduated from Dalhousie's Schulich School of Law last year, according to a posting he made on the Nova Scotia Barrister's Society last summer looking for an articling position.

According to that posting, he also has a bachelor of arts from McGill University and a master's of arts from the University of New Brunswick.

Butcher has no criminal record.

Police were originally called to Johnston's home on Oceanview Drive, just off Purcells Cove Road, at about 7:45 a.m. on March 26 for an "unknown trouble call."

They found the body of Kristin Johnston, a local yoga instructor, inside the home.



Kristin Johnston FACEBOOK

## TIMELINE

March 26, 7:45 a.m.

Halifax Regional Police are called to an Oceanview Drive residence just off Purcells Cove Road for an "unknown trouble call." Johnston's body is discovered inside the home.

Police tell media they've arrested one man in relation to the homicide.

The man was released later that same day pending hospital treatment of what police called "significant but non-life-threatening injuries."

March 27

Following an autopsy performed that morning, police ruled the death a homicide and identify Kristin Elizabeth Johnston as the victim.

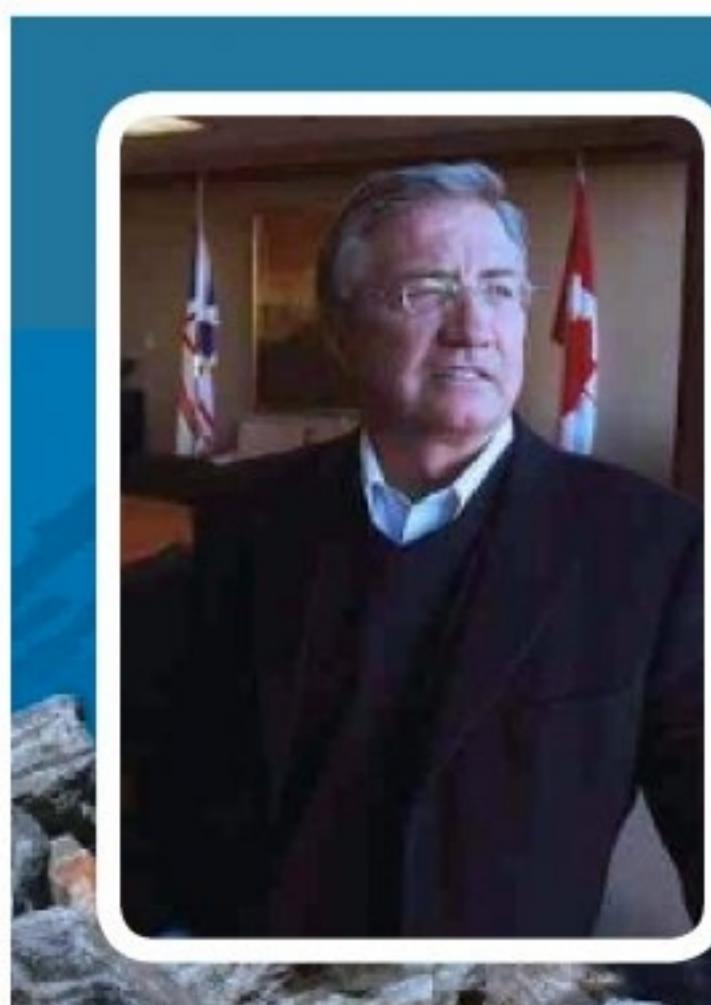
Police say the man in hospital remains "a person of interest."

April 11

Police announce an arrest in connection with Johnston's murder.

April 12, 9:30 a.m.

Investigators announce they've laid a charge of second-degree murder against Nicholas Jordan Butcher.



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Halifax Regional Police Supt. Jim Perrin speaks during a press conference Tuesday at police headquarters. BRENNIE BROTHERS/FOR METRO

## Suspect, victim had dated: Police

### INVESTIGATION

#### Pair allegedly the only people present during the homicide

**Nicole Gnazdowsky**  
For Metro | Halifax

Suspect Nicholas Butcher, 33, and victim Kristin Johnston, 32, were in a relationship at some point prior to Johnston's murder, police have confirmed.

That was one of very few details released by Halifax Regional Police at a press conference held Tuesday afternoon after Butcher was charged with second-degree murder.

Halifax Regional Police Sup. Jim Perrin called the case "a domestic situation" but said he could provide few other details for the media, including the cause of Johnston's death, because the investigation is ongoing.

"We're not going to discuss the details of the actual offence, but we have collected a lot of evidence as part of it," he said.

Perrin also confirmed that Butcher and Johnston were the only people present during the homicide.

Butcher was brought to hospital March 26 after being found injured at the scene.

**We have collected a lot of evidence.**

Jim Perrin

the decision to hold off until he was released from the hospital yesterday," Perrin said.

Any further details surrounding the case remain unconfirmed for now.

"The motive and the details around the case, it's not something that we're going to discuss in the media; that'll come out throughout the core process," Perrin said.

## Dalhousie confirms Butcher completed program last year

Nicholas Butcher graduated from Dalhousie University's law school last year, the Halifax post-secondary school confirmed Tuesday.

"We can confirm that the individual charged is a graduate of Dalhousie University," director of communications Brian Leadbetter said in an email on Tuesday.

"We are not in a position to provide additional background," he said.

Nova Scotia Barristers Society president Jill Perry said Tuesday that Butcher wasn't a practising lawyer but added that if he were to apply to the bar, he must be of good character and be a fit and proper person for admission.

"Mr. Butcher did place a notice on the career-opportunities page of the society's website last summer, and it expired in August 2015," Perry said.

"We have no information

about Mr. Butcher's law-school credentials, and he has not applied for enrolment as an articling clerk or for admission with the NSBS," Perry said.

"Mr. Butcher did place a notice on the career-opportunities page of the society's website last summer, and it expired in August 2015," Perry said.

NICOLE GNADZOWSKY/FOR METRO

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**CANADIAN CONCERT HELLO HEDLEY** Jacob Hoggard of Hedley performed Tuesday night to a packed house at the Scotiabank Centre in Halifax. Hedley and Call Me Maybe songstress Carly Rae Jepsen (right), came to town as part of Hedley's Hello World Tour. Hedley is currently on a cross-Canada tour promoting their latest album, Hello. JEFF HARPER/METRO

# Man sought for robbery

CLAYTON PARK

## Narcotics stolen from drugstore, police say

Kristen Lipscombe  
Metro | Halifax

Halifax police were called to a Clayton Park pharmacy Tuesday evening after some narcotics were stolen.

Staff members of The Medicine Shoppe at 70 Lacewood Dr. reported the robbery to Halifax Regional Police at about 3:50 p.m., after a man walked into the store wearing a scarf over his face, indicating he had a gun before snagging some drugs.

He took off on foot, police said,

adding nobody was hurt during the robbery.

The suspect was described to police as a white man who appears to be between 45 and 50 years old. He was wearing a blue and white scarf around his face, a ball cap and a short brown jacket at the time.

He was carrying a plastic shopping bag, police said. Investigators were still on-scene at the pharmacy when Halifax Regional

Police made their evening media report just after 5 p.m. Tuesday.

### + SUSPECT

**Theft at 70 Lacewood Dr.** A 45 to 50-year-old white man with a blue and white scarf, ball cap and brown jacket fled the scene 3:50 pm Tuesday, police said.

### HOMICIDE

#### Halifax man identified as victim of Edmonton killing

A Nova Scotia man found dead in a field in Edmonton's west end Sunday morning is that city's 13th homicide of 2016. Edmonton police say a medical examiner has confirmed Brad MacDonald, 37, died as a result of blunt-force trauma.

On Sunday at around 8:30 a.m., Edmonton police were called to a field near Stony Plain Road and Winterburn

Road in Edmonton, where the body was discovered.

Edmonton police spokesperson Cheryl Sheppard confirmed Tuesday that MacDonald was from the "Halifax area," but could not "get into specifics of the investigation."

Macdonald's death is being investigated as a homicide. There was no further information available Tuesday.

BRENLEE BROTHERS/WITH FILES FROM METRO EDMONTON

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# Mowat scrapping deadline extended

## COURTS

## Judge extends date to finish ship salvage

A Nova Scotia judge has granted yet another extension to the salvage company removing the rusted remains of the MV Farley Mowat from a wharf in Shelburne.

Dylan Heide, the town's chief administrative officer, says the former flagship of the Sea Shepherd Conservation Society was supposed to be removed by last Friday, but owner Tracy Dodds

### REPLACED

**New ship, old name**

In June 2015, the group replaced the MV Farley Mowat with another, smaller ship of the same name to continue their work. CREDIT LINE

received approval for a delay.

Heide says Dodds complained that bad weather had slowed his progress, and the Federal Court of Canada agreed Monday to push the deadline to April 22.

As the ship was being dismantled Monday, it caught fire — but

the flames were quickly extinguished and the marine terminal was not damaged.

The court says if Dodds misses the April 22 deadline, he faces a \$5,000 fine and a maximum 20-day jail sentence — though the deadline has already been pushed back a few times.

The flat-black, 54-metre ship was seized at gunpoint by the RCMP in April 2008, after its crew sailed it too close to the seal hunt in the Gulf of St. Lawrence.

Watson's group has long used high-profile, vigilante tactics to stop hunters from killing seals, whales and other marine wildlife around the globe.

THE CANADIAN PRESS

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## WRECKS

## Protect underwater wrecks: archaeologist

A leading marine archaeologist says Canada needs a national strategy to protect the country's underwater wrecks, amid concerns sunken ships are being looted and undermanaged.

"In Canada, shipwrecks are kind of the poor cousin to on-land archeological sites," said Rob Rondeau, who has studied both the wrecks of the Titanic and Empress of Ireland. The ships sank just two years apart, carrying several hundred souls apiece to watery graves.

The Empress of Ireland collided with a Norwegian coal ship on May 29, 1914, whistles blaring through the dense fog. Two-thirds the size of the Titanic, the freighter disappeared beneath the surface in just 14 minutes. Of 1,477 people aboard, 1,092 perished.

While the disaster of the Titanic looms as large as its name in our national consciousness, the Empress of Ireland — despite a similarly tragic casualty rate — has for the most part slipped into the annals of history. Rondeau says this reflects differing efforts, or lack thereof, employed to preserve the sunken ships and commemorate the disasters at a national level.

More than 3,700 metres below the surface, the Titanic lies in international waters and thus falls within the scope of the UNESCO Convention on the Protection of the Underwater Cultural Heritage. The United States has national legislation protecting all archeological sites from sea to shining sea.

Archeologists like Darryl Kelman, president of the Nova Scotia Archaeology Society, fear scavengers will disturb or damage artifacts, removing valuable information about our past.

Until 2010, shipwrecks were considered "treasure" in Nova Scotia under the Treasure Trove Act, which allowed the province to contract private companies to excavate underwater sites for a small share of the profits. A new law is now in place to better protect shipwrecks, though implementation is still a work in progress.

"The heritage, whether it's underwater or on-land, it's everybody's heritage," said Darryl Kelman, president of the Nova Scotia Archaeology Society. "It isn't fair for one person to benefit by selling bits of everyone's heritage."

THE CANADIAN PRESS

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# War on weight discrimination

**BODY POSITIVITY**

**Activist pitches changes to Ontario Human Rights code**

**Jessica Smith Cross**  
Metro | Toronto

An activist wants to make it illegal to discriminate against someone based on their size, shape or weight.

Jill Andrew, co-founder of the Body Confidence Canada Awards, is meeting Wednesday with the province's human rights commissioner to discuss possible changes to the Ontario Human Rights Code.

Weight deserves the same attention as other basis for discrimination that are protected by the code today, including age, sex, disabil-



Body image advocate Jill Andrew, third from left, is working to have a person's size, shape and weight protected against discrimination in the Ontario Human Rights Code. FACEBOOK

ity, ethnic origin and sexual orientation, Andrew said.

"All of the same social and cultural stereotypes that are

wrongly linked to being fat — being lazy or being unintelligent or lacking energy — have fed into employers who discriminate against people who are looking for work or to be promoted," she said.

If the proposal is adopted, it would be illegal to discriminate against a person

— to fire them or refuse to rent an apartment to them, for example — because of their weight.

Andrew got the opportunity to make her case to when she spoke alongside Rena Mandhane, who heads Ontario's Human Rights Commission, at a recent event for women

in politics in Toronto.

"She was very eager to have the conversation," said Andrew. "I'm hoping she hears my arguments and sees some merits in them."

Daniel Chodos, an employment lawyer based in Toronto, said there's long been concern about how body size issues are handled in human rights cases.

While a person's weight isn't listed in the Ontario Human Rights Code today, it can be considered in cases where it's linked to a medical disability, such as diabetes, Chodos said.

"All of this would be a lot easier if it were its own category and the question is, should it be?" he said. "I would lean towards it should be."

Chodos said using language like "size and shape" might be too broad and could lead to discrimination cases that are trivial in nature. But, he sees value in Andrew's efforts and hopes she's successful.

"Somebody's weight and the psychological effects it has on society and the way that they're viewed is something that requires some sort of protection," he said.

## VISA DISPUTE CETA trade deal at stake

Canada and the European Union traded barbs Tuesday in their long-running visa dispute, escalating their brinkmanship as a key deadline in the impasse came and went without a resolution.

Europe's top envoy to Canada said there's no guarantee the mammoth Canada-EU free trade deal would win approval in the European Parliament if Canada keeps visa restrictions on Bulgarian and Romanian travellers.

A spokesman for Immigration Minister John McCallum shot back with a warning that if the EU imposes a retaliatory visa on Canada it might hurt EU tourism, as well as economic and political relations.

Marie-Anne Coninsx, the European Union's ambassador to Canada, linked the free-trade deal, known as CETA, with the unresolved visa dispute.

If the visa issue isn't resolved when CETA comes before the European Parliament for a vote, expected by years' end, Coninsx said Bulgaria and Romania would vote against it. THE CANADIAN PRESS

**All of this would be a lot easier if it were its own category and the question is, should it be?**

Daniel Chodos



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# Police break up suicide pact of 13 young people

## MENTAL HEALTH

## Attawapiskat overburdened by rash of suicide attempts

A suicide pact by 13 young aboriginal people, including a nine-year-old, has been thwarted on a remote First Nation in northern Ontario where local leaders say they're so overwhelmed by the suicide crisis that extra police officers have been called in from nearby communities.

Anna Betty Achneepineskum of the Nishnawbe Aski Nation said the youths were overheard making a pact to kill themselves on Monday and police brought them to the local hospital in Attawapiskat for an evaluation.

But the hospital was already treating other patients who had attempted suicide in recent days and couldn't see all of the new arrivals, Achneepineskum said, so about half of them temporarily waited in jail for treatment, the only other place where officials felt their safety could be secured.

"There are so many things that are needed here," she said in an interview. "So many things."

Achneepineskum said the entire community of about 2,000 in the James Bay region is so overburdened by the rash of suicide attempts that three of the reserve's four health-care workers were sent to Thunder Bay for counselling and rest as



A tattered Canadian flag flies over a building in Attawapiskat, Ont., on November 29, 2011. The remote northern Ontario First Nation declared a state of emergency after numerous suicide attempts this week. THE CANADIAN PRESS FILE

reinforcements came in to help.

Health Canada said Tuesday that roughly 18 additional people — including a crisis co-ordinator, two youth support workers and a psychologist — had been deployed as temporary crisis relief since a state of emergency was declared in Attawapiskat.

But Keith Conn, an assistant deputy minister for the department's First Nations and Inuit health branch, stressed "more aggressive" efforts must be made to meet the community's mental health needs in the

long term.

The emotional distress of the teens and the dearth of resources in place to help them is a direct result of more than a century's worth of fraught relations between First Nations communities and the federal government, one leader said.

Ontario Regional Chief Isadore Day said the pervasive ills plaguing aboriginal Canadians can be traced back to the Indian Act of 1876, which is marking its 140th anniversary.

Day said the act, which effectively transferred all deci-

sions affecting First Nations to officials in Ottawa, set the stage for decades of turmoil, including residential schools, where young aborigines endured horrific abuse.

Those experiences are at the heart of issues that include addiction, poor health and unemployment, all of which tend to converge on Canadian reserves that include Attawapiskat, Day said. Officials responsible for collecting demographic data on Attawapiskat did not respond to requests for the information. THE CANADIAN PRESS

## AFGHAN WAR

## Soldiers not told to ignore abuse: Inquiry

The Canadian military was too focused on waging a bloody war against the Taliban 10 years ago to deal with reports from its own soldiers that children were being sexually abused by Afghans, an inquiry has concluded.

No soldiers were ever explicitly told to turn a blind eye to abuse, but no one quite grasped how homosexuality was viewed in Afghanistan or how to deal with incidents of abuse, said the report, released Tuesday nearly six years after it was completed.

Better cultural training ahead of deployments, clearer directives on what must be reported and changes to the military's rules of engagement and code of conduct have all been implemented since one soldier went to the media in 2008 with his story of witnessing abuse and an allegation soldiers were being told to ignore it.

The subsequent Toronto Star report spurred the military into action, and when the board of inquiry was established it learned that Canadian soldiers had been seeing or hearing Afghan soldiers having sex with boys since 2006.

The battle just to survive the

deadly terrain of Kandahar province in 2007-08 was everyone's priority, the military said.

"Many (soldiers) in combat outposts where they would have heard reports of this type of behaviour, top of mind for them was their own survival in combat operations," said Col. Jay Janzen, a military spokesman.

The experience has taught the Canadian Forces that it's important to ensure soldiers know "instinctively" what they have to do, "even under the most difficult and demanding circumstances," he added.

The board of inquiry concluded its report in 2010 but it took six years for the chief of defence staff to sign off and make it public. That delay was attributed to the complexity of its recommendations and competing military priorities.

The report underscores a recurring criticism levelled at the Canadian government and the military in their approach to the war in Afghanistan: no one ever fully understood the culture of the country and didn't take time to learn it. THE CANADIAN PRESS

## IN BRIEF

### Check on milk in cheese products: Dairy farmers

Milk producers are asking the feds to enforce rules governing how much real milk is included in cheese. Industry stakeholders said a U.S. milk protein is being used improperly as actual milk, costing them tens of thousands a year.

THE CANADIAN PRESS

### Central bank to assess impact of multibillion-dollar commitments

The Bank of Canada is scheduled to deliver an assessment Wednesday: its take on just how much of a lift it expects the economy to get from billions in federal government spending commitments.

THE CANADIAN PRESS



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## ENTERTAINMENT

## Russian cartoon bear a big hit

A proverbial Russian bear has long alarmed Westerners as the symbol of Moscow's might and purported ferocity. But the Russian who has taken the world by storm is a sweet goof who hasn't fired a single shot.

Masha and the Bear, a Russian animated television series launched in 2009, now broadcasts in more than 120 countries including the United States. Its YouTube channel is in the top 10 most-viewed worldwide.

The cartoon centres on the mischievous girl Masha and the towering Bear, a retired circus performer who falls victim to the green-eyed sprite's pranks.

Their real home is a former Soviet kindergarten in Moscow's northern outskirts. There, more than 70 animators each produce two to four seconds of screen time a day. It's slow work due to the highly detailed images, unusual for television series.

The cartoon has roots in the Soviet animated film industry, which had unusual freedom. Officials regarded cartoons as fairly insignificant and did not apply smothering censorship. Despite the industry's creativity, its cartoons remained unknown outside the Russian-speaking world until Masha and the Bear broke through. THE ASSOCIATED PRESS



A notebook featuring Masha and the Bear THE ASSOCIATED PRESS

# Investigators visit Mossack Fonseca law firm's office

## FINANCE

## Officials probe claims that hacker leaked information

Panamanian prosecutors have visited the offices of the Mossack Fonseca law firm to look into its allegations that a computer hacker was behind the leak of a trove of financial documents about tax havens the firm set up to benefit influ-

ential people around the globe.

Public ministry spokeswoman Sandra Sotillo said the Monday visit to the offices of Mossack Fonseca was made by investigators from the intellectual property prosecutor's office.

The firm filed a complaint charging the security breach shortly before media reports appeared last week using the documents to detail how politicians, celebrities and companies around the globe were hiding assets in offshore bank accounts and anonymous shell

companies.

"Finally the real criminals are being investigated," firm co-founder Ramon Fonseca said in a message to The Associated Press.

Fonseca has maintained that the only crime that can be taken from the leak was the computer hack itself. He has said he suspects the hack originated outside Panama, possibly in Europe, but has not given any details.

Panama's government has said it will co-operate with any judicial investigation arising

from the documents.

Some critics of the government have called for a rapid investigation of the law firm, which is one of the most important in the world for creating overseas front companies.

Panamanian President Juan Carlos Varela has defended the country's financial sector, which is considered of strategic importance for the economy. But Varela has also promised the international community that he is willing to make reforms to make the sector more transparent. THE ASSOCIATED PRESS

## + FALLOUT

### Corruption probes close in on Argentina's Fernandez

A federal prosecutor has asked that Argentina's former president Cristina Fernandez be included in a widening investigation into money laundering. A separate money-laundering probe into hotels owned by her family has been relaunched. THE ASSOCIATED PRESS



## DAY 3

## A royal celebration

The Duke and Duchess of Cambridge are on a weeklong tour of India and Bhutan, visiting in the cities of Mumbai, Delhi, Assam, Bhutan and Agra. Here are some sights from Day 3 of their visit.

1 Kate and Will watch as a little boy dances by the fireside during a Bihu Festival Celebration at Diphlu River Lodge in Kaziranga, India.

2 Kate looks on as her husband tries to play an Indian whistle.

3 Dancers perform by the fireside.

ALL PHOTOS: GETTY IMAGES

## MONUMENT

## Democrats capitalize on Equal Pay Day

U.S. President Barack Obama and other Democrats on Tuesday seized on Equal Pay Day — a symbolic event dramatizing how much longer it takes a woman to earn as much as a man — to court women voters and call out Republicans for inaction on the issue.

Obama dedicated a new national monument to women's equality and pushed Congress to pass legislation. He suggested he's encouraged by movement toward full gender equality in many arenas — including corporate boardrooms, professional

sports and presidential politics.

"If we truly value fairness then America should be a level playing field," the president said, as he joined House Democratic Leader Nancy Pelosi, Maryland Democratic Sen. Barbara Mikulski and other Democrats at the Sewall-Belmont House and Museum in D.C., the onetime home of the National Women's Party now designated as Belmont-Paul Women's Equality National Monument. Alva Belmont and Alice Paul were figures in the women's rights and suffrage



Barack Obama speaks at the newly-designated Belmont-Paul Women's Equality National Monument in Washington, D.C. GETTY IMAGES

movements.

The Democrats' focus on Equal Pay comes amid a presidential campaign where the Republican front-runner, Donald Trump, has alienated female voters in droves, leading to GOP fears he could diminish the party's standing with that key constituency for years to come. Yet once again this year, while Obama and Democratic lawmakers trumpet their equal pay proposals at news conferences and briefings, Republicans have little to offer in return.

THE ASSOCIATED PRESS

## ATTACKS

## Brussels officials charge 2, detain 3

Two men have been charged with offences related to the Brussels bombings, and three others have been detained in Brussels in connection to the Paris attacks, Belgian authorities said Tuesday.

The Belgian Federal Prosecutor's Office said the two who have been charged, identified only as Smail F. and Ibrahim F., were involved in renting an apartment in the Etterbeek area of Brussels that served as a hideout for the bomber who

attacked the Brussels subway on March 22 as well as a suspected accomplice.

It said the detention of the three related to the Paris attacks followed a morning search in Uccle, an upscale district of the Belgian capital. A judge will decide Wednesday whether the three people should remain in custody, it said. It said no further information would be made public about the search.

THE ASSOCIATED PRESS

# Get drenched at the movies

## ENTERTAINMENT

## 4DX comes to first Canadian theatre this summer

Hang onto your popcorn — and steer clear of hot drinks.

Though you don't normally go to the movies to get rained or snowed on, Cineplex Entertainment is betting customers will pay extra for the privilege this summer, when the company introduces 4DX immersive technology at a Toronto theatre.

4DX incorporates a jolt on every level, from water streams and air blasts to lightning and familiar scents, along with chairs that pivot and swerve, in tandem with the action on the screen.

"It's like you're in the movie," Cineplex spokesperson Sarah Van Lange said Tuesday.

"It makes the movie-going experience truly immersive."

Though the ticket price is not yet public, it is part of a spate of premium movie-viewing offerings from IMAX to UltraAVX that carry a higher ticket price for an upgraded experience at Canada's largest movie chain.

In the fourth quarter of 2015 — which was Cineplex's most successful year ever — premium movie experiences accounted for 46.8 per cent of total box office revenues. That averaged out to 39 per cent for the full year, which is more than double the box office revenues some of its peers generated in the U.S. last year, she said.

"Canadians, more than Americans, love premium movie experiences," said Van Lange.

For example, 80 per cent of the advance tickets Cineplex sold last year for Star Wars: The Force Awakens were for these elevated movie-watching platforms.

The exact launch date and first movie to be shown in 4DX have not yet been determined as the auditorium undergoes a massive overhaul to incorporate the new technology from South Korean firm CJ 4DPLEX.

But it will no doubt be a blockbuster as it was at the recent launch in New York City of Batman V Superman. The 4DX technology is already at more than 230 movie screens across Europe and Asia. The new Toronto location marks the first in Canada and third in North America, including Los Angeles.

"You want to keep upgrading and enhancing your offerings because the movie industry has to stay ahead of whatever home theatre offers," said Canaccord Genuity analyst Aravinda Galappathige.

"When you upgrade, you get better attendance," he noted.

He said 4DX is not for everyone, but it can't help but generate more curiosity at the box office, where customers have a range of choices including IMAX, UltraAVX, 3D, DBOX and VIP seating.

The 4DX auditorium will feature specially-designed motion chairs and environmental effects like wind, mist, bubbles, snow and scent working in synchronicity with the action on the big screen.

TORSTAR NEWS SERVICE



**4DX incorporates a jolt on every level**, from water streams and air blasts to lightning and familiar scents, along with chairs that move, in tandem with on-screen action. HANDOUT/TORSTAR NEWS SERVICE

## ASTRONOMY

## Stephen Hawking joins bid to explore outer space

With famed physicist Stephen Hawking at his side, an Internet investor announced Tuesday that he's spending \$100 million on a futuristic plan to explore far outside our solar system.

Yuri Milner said the eventual goal is sending hundreds or thousands of tiny spacecraft, each weighing far less than an ounce, to the Alpha Centauri star system. That's more than 2,000 times as far as any spacecraft has gone so far.

Propelled by energy from a powerful array of Earth-based lasers, the spacecraft would fly at about one-fifth the speed of light. They could reach Alpha Centauri in 20 years, where they could make observations and send the results back to

Earth.

They might discover a planet or planets there — experts think there may be some, but there's no proven sighting yet — and possibly even find signs of life there or elsewhere, said Milner and a panel of experts at the announcement. The three stars that make up Alpha Centauri are the closest stars to our star — the sun.

"We commit to the next great leap into the cosmos," Hawking said, "because we are human and our nature is to fly."



Stephen Hawking  
GETTY IMAGES

Hawking has joined Milner and Facebook founder Mark Zuckerberg on the board of the project, called Breakthrough Starshot, which includes a team of scientists. Milner said his \$100 million will go to establish the feasibility of the project, and that a launch itself would require far more money.

Hawking is also part of a project Milner announced last summer to use earthbound telescopes to seek intelligent life in outer space.

THE ASSOCIATED PRESS

## PROJECTION

## Economic growth to slow: IMF

The International Monetary Fund is lowering its economic growth projections for Canada and the world.

Slowing growth in global oil exports, low crude prices and weak demand for non-oil commodities were identified as factors.

The IMF is now projecting Canada's economy to grow by 1.5 per cent this year and by 1.9 per cent next year.

That would be an improvement on last year's growth of 1.2 per cent but less than the IMF's January estimate, which projected Canada's economy would grow 1.7 per cent in 2016 and 2.1 per cent in 2017.

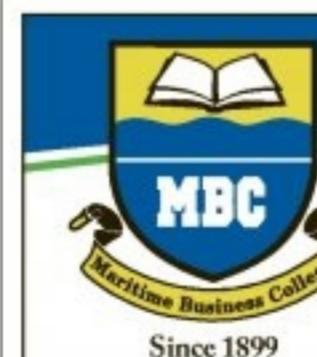
The IMF is also lowering its estimates for the United States and the global economy overall, with China being an exception.

The international body repeated a recent warning that the world's economic growth remains too slow and too fragile, increasing the risk of social and political stress in many countries. THE CANADIAN PRESS

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**ROSEMARY WESTWOOD SEXUAL ASSAULT DATA**

## KNOWING IS HALF THE BATTLE

By the standards of our big-data age, we know shockingly little about the true extent and nature of sexual assault in this country, much less about what authorities are doing to address it. A concerted effort to collect, share and analyze data could be **our last, best hope for change**.

It began last week with a simple question.

Ottawa police had a 39 per cent charge rate for sexual assaults in 2014. I wanted to know: How does that compare to the national average?

But there was one problem. That comparison doesn't exist.

Statistics Canada tracks some data on sexual assault in this country. But rates of charges versus police complaints? No. In fact, even StatsCan's own data sets aren't designed to be compared to each other, like puzzle pieces never cut to fit.

We are witnessing a crescendo of attention on sexual assault never seen before. Decades of research and activism have brought us here, but depressingly, they have done nothing to change the rate of sexual violence in the last 15 years.

There is one thing we haven't tried: the collection, organization and analysis of robust, in-depth and actionable data.

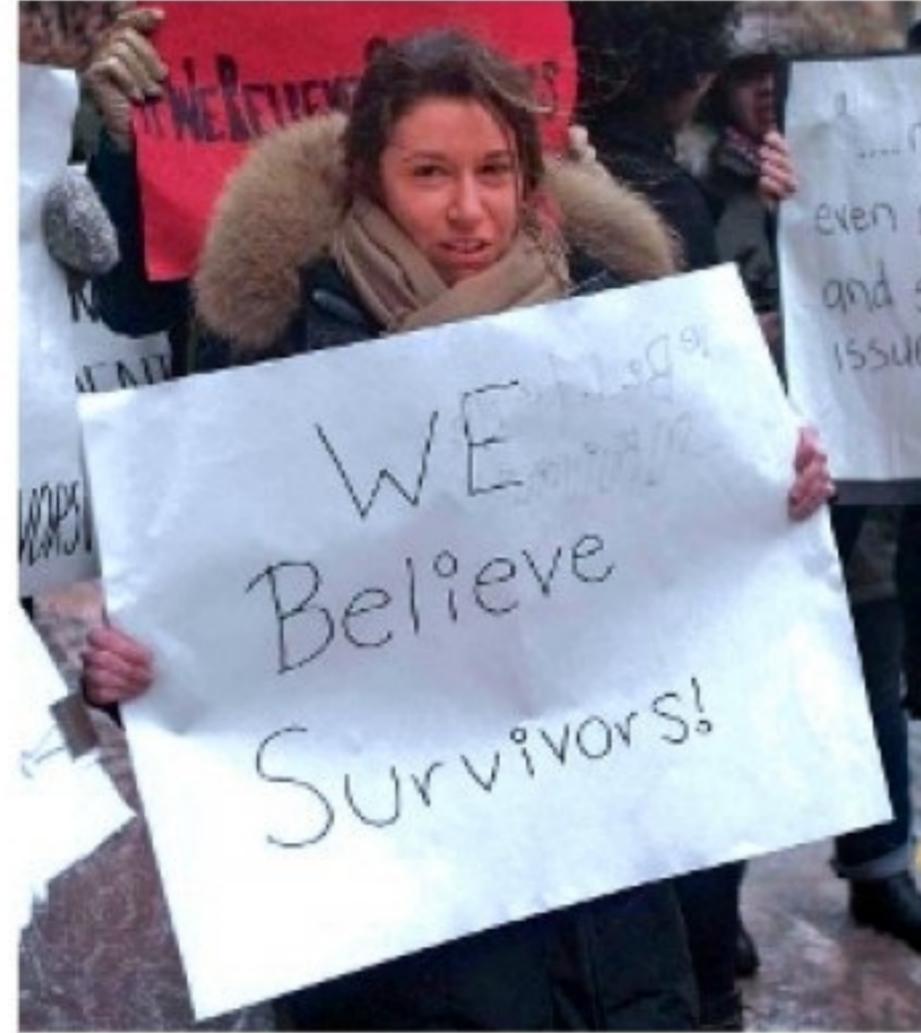
As things stand now, when a woman comes forward, we don't usefully record what happens next.

The same is true, of course, for all crimes. But there is good reason to demand that, in the case of sexual assault, much more needs to be done.

Sexual assault — everything from unwanted sexual touching to violent rape — is a unique umbrella of crime in this country.

First of all, it's overwhelming committed by men against women. Secondly, sexual assaults aren't addressed by the justice system as often as other crimes. Nationally, physical assaults are seven

**You can't sift insight from thin air. Police, schools and StatsCan must be compelled to collect more information.**



**Left:** A protester is seen outside a Toronto courthouse where the Jian Ghomeshi trial took place. **Right:** A sign made up of messages created by students in September 2015 as part of the anti-violence project at the University of Victoria. CHRIS YOUNG/THE CANADIAN PRESS ; CHAD HIPOLITO/THE CANADIAN PRESS



times more likely to play out in courts, compared to sexual assaults.

But most alarming is that while crime rates have uniformly been falling since 1999, only sexual assault has remained stable.

Better data should begin with local police departments, which only ever hear about five per cent of sexual assaults to begin with, and which have no uniform practice for tracking or publishing sexual-assault data. In Vancouver, police host an online public database, but it only includes the number of cases investigated as sexual assaults (including those against children); it doesn't include all complaints and doesn't break down cases by outcome or factors like race.

Ottawa police released stats on sexual assault complaints (also including kids) only after a freedom of information request. The data showed the result of each complaint, including "unfounded" and "founded but not solved," but

there were no details on how investigators reached their conclusions. This is typical.

Both Ottawa and Calgary police have played the "trust us" card and taken pains to defend the thoroughness of their investigators.

But police forces could be hard-pressed to offer more nuanced data, even if they wanted to. ViCLAS, a national computer investigation system, was designed, like other police computer systems, to take in information and help investigations — not to spit out data for analysis.

Nowhere have statistics on sexual assault come more under fire recently than on Canadian campuses. In 2014, media investigations revealed the hodgepodge, incomplete nature of information collected at universities and colleges. Schools weren't even tracking the same categories of incidents and they had no obligation to share their data publicly. A concealing blanket lay atop a space where, advocates say, women face heightened risk of sexual assault.

In reaction, Ontario passed a law requiring campuses to create specific sexual assault policies and data-reporting practices. In B.C. and Alberta, advocates are drawing up recommendations for how campuses should track and investigate sexual assault complaints and support survivors.

Tracy Porteous, part of that team, wants to see schools in B.C. adopt a computer database that would track complaints and aid investigations (like police systems) and also compile statistics (unlike police systems).

But even these efforts are insufficient.

For one, not all provinces are demanding change. Whatever data is generated might not even be comparable to that of schools in other provinces, let alone to police or StatsCan. And I highly doubt it will be sufficiently detailed, given that, in Ontario, schools have been vaguely instructed to collect "information" on

sexual assault complaints.

It's particularly ironic that this kind of paltry information exists in the age of big data, giving lie to the belief that boundless information is everywhere, just waiting to be found. There's a chance, though, that new mathematical algorithms of the kinds studied by Prof. Andrea Lodi could shed light on what little sex assault data we've got. Lodi, the Canada Excellence Research Chair in Data Sci-

ence for Real-Time Decision-Making, calls it that kind of analysis "the new frontier."

But you can't sift insight from thin air. Police, schools and even StatsCan must be compelled to collect more information and collaborate more closely.

Data could be our last, best shot to change abysmal rates of sexual violence, reporting and convictions. We must start actually using it.

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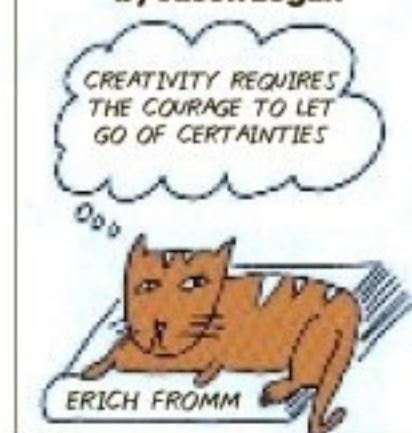
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# Land of cashew milk and honey



To adopt healthier eating habits, focus on adding an extra portion of fruit and veg to every meal rather than dwelling on the foods you're cutting out, advises food writer Ella Woodward. CONTRIBUTED

## INTERVIEW

### Plant-based meals made easy thanks to Deliciously Ella

**Melita Kuburas**  
Metro | Canada

Addition, not subtraction, is the key to making a seamless transition to healthier eating habits, says U.K. food blogger Ella Woodward.

"Deprivation doesn't work," says Woodward, who visited New York and Toronto last week to promote her new book, *Deliciously Ella Every Day* (Simon & Schuster Canada).

"I try and help people to focus on adding stuff in, rather than always thinking what you're cutting out," she tells Metro.

Woodward overhauled her lifestyle after being diagnosed with Postural Tachycardia Syndrome.

One of the symptoms of this condition is a difficulty maintaining a normal heart rate, which meant even the simplest tasks were unconquerable for her.

She says switching to a plant-based diet has helped her, but Woodward stays away from offering health advice to her fans (she has over 800,000 followers on Instagram, another 392,000 on Pinterest).

#### ELLA'S FAVOURITE

"They're so easy. It takes three minutes and you can always make a big batch at once and freeze the rest."

#### RECIPE FROM DELICIOUSLY ELLA EVERY DAY

A favorite recipe from my blog, which I hope you'll love. It's incredibly simple but very addictive; the first time I made this I cooked it four or five times in the following two weeks! There's just something about the mix of soft, buttery beans smothered in homemade pesto with sautéed spinach, crunchy pumpkin seeds and sweet, juicy pomegranates that I can't get enough of.



#### WARMING PESTO LIMA BEANS

Serves 1.

##### Ingredients for the pesto:

- 1 garlic clove
- 6 tablespoons pine nuts
- big handful of fresh basil leaves (1 ounce)
- 3 tablespoons olive oil
- juice of 1 lemon
- salt and pepper

##### Ingredients for the salad:

- one 15-ounce can lima beans, drained and rinsed
- 3.5 ounces spinach
- olive oil
- juice of 1 lemon
- pepper
- handful of pumpkin seeds
- sprinkling of pomegranate seeds

##### Directions:

1. Start by making the pesto. Simply peel the garlic and then put all the

ingredients into a food processor and blend until smooth. Set aside.

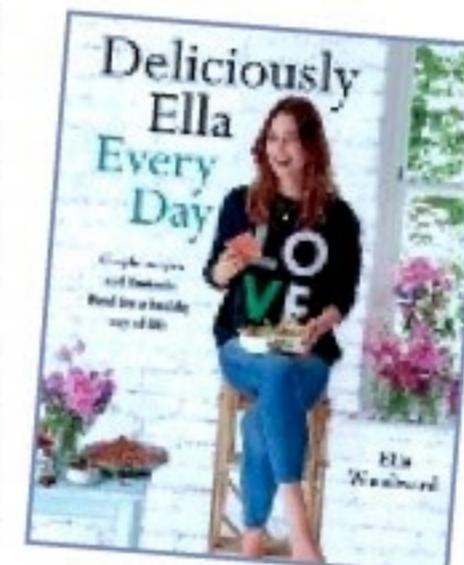
2. Place the beans in a frying pan with the spinach and pesto and sauté everything in a splash of olive oil for 2-3 minutes until the spinach has wilted and everything is warm.

3. While they cook, squeeze the lemon (for the salad) over the beans and add pepper.

4. Place the pesto beans and spinach into a bowl and sprinkle the pumpkin and pomegranate seeds over the top.

##### Tweak it

In hot weather, swap the wilted spinach for fresh arugula and serve this as a cold salad.



## JOHANNA SCHNELLER WHAT I'M WATCHING

### The Catch comes up trite, despite its talent

**THE SHOW:** *The Catch*, Season 1, Episode 2 (ABC/CTV)  
**THE MOMENT:** The muddy shoes

Swanky private investigator Alice Vaughan (Mireille Enos) is searching a bedroom for clues about the killer of a wealthy socialite, Edith. Suddenly, Edith's handsome, younger widower enters.

At first, Alice smiles at him — until she spies the mud on his shoes. The same mud that she got on her shoes a scene earlier, when she found a vital

clue! Her face falls. "You stole the jewels to make it look like a robbery," she over-explains.

Poor Mireille. I loved her in *The Killing*. And I had high hopes for this series, in which Alice plays a cat-and-mouse game with the boyfriend who conned her (Peter Krause).

The premise is juicy: Do we ever know the people we love? Can we avenge heartbreak? Its co-creator is the novelist Kate Atkinson, and its executive producer is the powerhouse Shonda Rhimes, who is the

first person to own an entire night of programming (*Grey's Anatomy* at 8 p.m., *Scandal* at 9, and this at 10).



**The Catch makes Charlie's Angels look like The Wire**

But all the gleaming interiors, designer duds, false eye-

lashes and high-gloss escapism in the world can't disguise the fact that this show is risible. The cons Krause runs wouldn't fool a toddler. And the mysteries Alice does solve — muddy shoes? — are ones Nancy Drew would reject as too obvious. *The Catch* makes *Charlie's Angels* look like *The Wire*.



Mireille Enos stars as Alice Vaughan in *The Catch*. CONTRIBUTED

**BOOK EXCERPT CHICKPEA FLOUR DOES IT ALL BY LINDSEY S. LOVE**

# Chickpea flour adds a cheesy touch



This Alfredo with Watercress and Chives is vegan friendly thanks to chickpea flour. CONTRIBUTED

**FOOD ALTERNATIVES**

## Legume mimics gooey goodness of sauces made from dairy

Upon first discovering that chickpea flour can not only be used as a thickener in sauces but also made into a sauce all on its own, I was beyond excited for the possibilities, and the outcome of this sauce completely exceeded my expectations.

Many, if not most, vegan cheese substitutes incorporate some type of nut that gives a cheese-like consistency when soaked and blended with water.

However, I was always a little disappointed that my "cheese" sauces continually didn't have that gooey, cheesy texture. So when fooling around with a chickpea flour mix one day, I thought why not add it to the base of a vegan cheese sauce to give it that gooeyness I had longed for.

After I added some flavourings, salt and pepper, and the like, I was amazed at the result: a cheese sauce tasting just the way I remember from my childhood.

There are so many ways of incorporating this sauce into meals and dishes, whether it's over pasta, as a warm cheesy dip for vegetables, or poured over baked sweet potatoes or homemade french fries.

### Alfredo with Watercress and Chives

Serves: 4  
Prep time: 12 hours  
Cook time: 20 minutes.

**Ingredients:**

- 16 ounces (454 g) gluten-free and vegan pasta (or

pasta of choice)

- ¼ cup (40 g) plus 1 Tbsp cashews, soaked overnight and drained
- 1 Tbsp extra virgin olive oil
- 1 Tbsp plus 1 ½ teaspoons nutritional yeast
- 2 tsp apple cider vinegar
- 1 ½ tsp lemon juice
- 2 garlic cloves, roughly chopped
- ½ tsp sea salt, plus more to taste
- Freshly ground pepper
- 1 cup (240 ml) water
- ¼ cup (30 g) chickpea flour
- 2 Tbsp chopped chives, plus chive flowers for garnish
- 1 cup (34 g) packed watercress

• Freshly ground nutmeg, to taste

**Directions:**

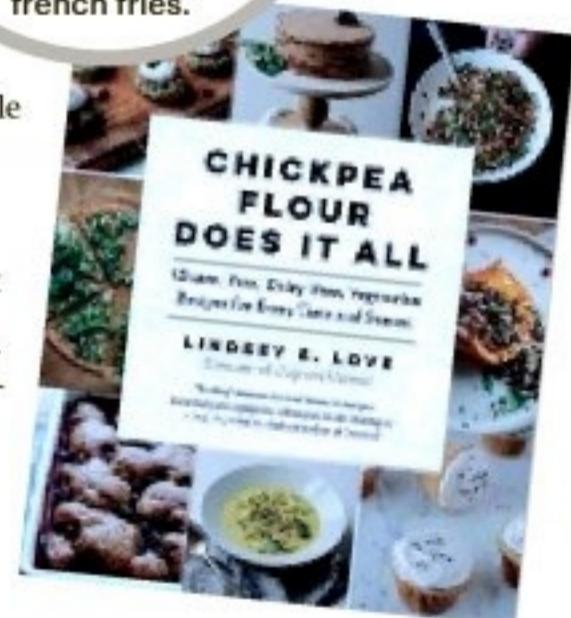
1. Begin cooking the pasta, according to instructions on the bag. While the pasta is cooking, make the sauce.
2. Place the soaked cashews in an upright high-speed blender; add the oil, yeast, vinegar, lemon juice, garlic, salt, and pepper to taste; set aside.
3. In a small saucepan, whisk together the water and flour, turn the heat to medium and continue to whisk for 6 to 7 minutes, until the mixture thickens to the consistency of a roux. Gently and carefully pour the mixture into the

blender. Blend on high for 1 minute, until creamy and smooth. Taste and adjust any seasonings, if needed. Add 1 tablespoon of chives and blend on medium for about 30 seconds.

**4.** In the last 30 seconds of cooking the pasta to al dente, add the watercress and cook until wilted. Drain the pasta and watercress and quickly rinse with cold water to stop them from cooking.

**5.** Transfer the pasta and watercress to a serving bowl; pour the sauce over the pasta and mix.

Taste and adjust salt, if needed. Serve hot with remaining 1 tablespoon of chives, chive flowers, and nutmeg.



RECIPE FROM CHICKPEA FLOUR DOES IT ALL: GLUTEN-FREE, DAIRY-FREE, VEGETARIAN RECIPES FOR EVERY TASTE AND SEASON ©LINDSEY S. LOVE, 2016. REPRINTED BY PERMISSION OF THE PUBLISHER, THE EXPERIMENT. AVAILABLE WHEREVER BOOKS ARE SOLD. THEEXPERIMENTPUBLISHING.COM

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<b>4</b>	Hedley Lose Control
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<b>2</b>	Meghan Trainor No
<b>1</b>	Fifth Harmony ft. Ty Dolla Sign Work From Home

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Your essential daily news

Lamborghini commissions artist Alfonso Borghi to create art inspired by the Miura

## Kia is boxy, but has a lot of Soul



### THE CHECKLIST | 2016 KIA SOUL

#### THE BASICS

**Type.** Four-door, five-passenger compact hatchback  
**Engine (hp/torque):** 1.6-litre four-cylinder (130/118), 2.0-litre four-cylinder (164/151)

**Transmissions.** Six-speed manual (1.6 only), six-speed automatic

**Price.** \$17,195 (base), as-tested \$25,995

#### COOL FEATURES

- Heated wiper de-icer
- Heated and cooled leather seats
- Rearview camera
- Cooled glovebox
- Front collision warning system
- Navigation system



KIA PHOTOS JIL MCINTOSH/FOR METRO; OTHERS HANDOUT

#### POINTS

- Like all Kia models, the Soul comes with a five-year/100,000 warranty that covers almost everything.
- The tested SX Sport trim line comes exclusively in red-black or red-white two-tone colour schemes.
- The Soul has virtually the same headroom as Kia's midsize Sorento SUV.

#### MARKET POSITION

Although Kia shares most of its model configurations with similar offerings from parent company Hyundai, the Soul is stand-alone with no matching equivalent. It's also available as an all-electric model, the Soul EV.

#### THE COMPETITION



**Chevrolet Sonic**  
Base price: \$14,395



**Honda Fit**  
Base price: \$14,790



**Fiat 500L**  
Base price: \$21,995

#### REVIEW

### Latest model feels roomier than past offerings

Jil McIntosh  
For Metro Canada



Boxy styling isn't necessarily the prettiest, but it certainly is practical. The Kia Soul may be a compact, but its squared-off shape gives you more interior space than you might expect.

The base trim line comes with a 1.6-litre engine making 130 horsepower, but I'd suggest moving up to the 2.0-litre engine, which produces 164 horsepower and is used in all the other trims.

The larger engine comes solely with a six-speed automatic transmission and while it gets noisy on hard acceleration, it handles both city and highway driving quite well.

The tight turning radius makes it easy to park in small spaces, especially with the rearview camera that's optional on the mid-range EX trim and standard on my top-line SX tester.

There's also a gimmicky feature called Flex Steer, included on all models, which lets the driver switch the steering feel

between normal, comfort, or sport.

Kia has made improvements over the original system, which was far too soft in comfort mode, but even in sport mode it could use a bit more steering weight.

At an average published fuel economy of 8.8 L/100 km, the Soul isn't a gas-guzzler but also isn't as efficient as many other vehicles its size.

The Soul feels substantial, and the interior is comfortable and with good fit-and-finish. The base model is exactly that, as its extra cost to put air conditioning into it, but the upper trim lines add numerous features.

For \$25,995, my tester included a heated steering wheel, heated leather seats, power-folding mirrors and an auto-dimming rearview mirror.

The top trim, at \$27,495, has lane departure and front collision warning, navigation, heated and cooled seats, and a panoramic sunroof.

There used to be far more entries in this "tall wagon" category, such as Toyota's Matrix, Honda's Element, and the Nissan Cube.

The Soul has outlasted them all and now, in its second generation, has matured into a well-outfitted model that makes the most of its compact proportions.

#### GREEN NEWS

## Mercedes commits to electric Smart fleet by end of 2016

At its annual shareholder meeting in Berlin, Mercedes-Benz parent company Daimler pledged to develop and launch a battery-powered car with a 500-kilometre range before the end of the decade.

Dr. Dieter Zetsche, Daimler's chairman and the head of Mercedes-Benz Cars, said, "The more cars and commercial vehicles are on the road, the more efficiently each one of them must be operated."

Compatriot company Porsche, despite being a niche manufacturer in terms of sales and vehicle

lineup, is already hard at work bringing a similarly long-range electric car to market with a goal of a 2018 launch.

However, as a company that sells millions of private and commercial vehicles every year, Daimler needs to move more quickly in order to reduce emissions and cut pollution across its fleet.

By the end of 2016 every current vehicle in the company's Smart range of inner-city cars will be offered as a plug-in electric vehicle and it also intends to bet big on hybrid drivetrains



Mercedes' Dr. Dieter Zetsche says the company welcomes disruptors like car sharing and autonomous driving. DAIMLER AG

as a short-term solution while full EV technology catches up for larger vehicles.

"In 2017, we will have 10 plug-

in (hybrid) models on the market," said Zetsche.

Despite the continuing backlash from the Dieselgate scandal,

Daimler also reiterated its faith in diesel and its crucial role to play in lowering the average CO<sub>2</sub> emissions on roads not just in Europe, but around the globe.

"At Mercedes, we believe in the diesel engine — and in our engineering skills," said Zetsche.

The notion of personal mobility is going through its biggest single evolution since Karl Benz invented the internal-combustion-engine-propelled motorcar in 1885. Daimler is the company that grew out of that initial automotive eureka moment and as a result likes to lay claim to being

the car's creator.

And rather than trying to preserve the status quo, the company believes the disruption coming from autonomous driving technology, pollution concerns, upstarts like Tesla and the popularity of services like Uber are all positive.

"It is a matter of utilizing the opportunities that changes bring along," Zetsche said.

It's also why Daimler is also investing heavily in its existing ride-sharing services and on efficient long distance buses.

AFP

# Competition brings EV advances

GM

## Range-extended Cadillac ELR on chopping block

Cadillac will pull the plug on the Chevrolet Volt-based ELR luxury plug-in hybrid coupe at the end of its production cycle in 2018. As costly as it is underappreciated, the ELR has been a slow seller since its debut in 2014, according to auto-information Web site Autos Cheat Sheet. With the ELR starting at a hefty \$75,995 US in America (closer to \$80,000 in Canada), dealers sold just 1,024 units in all of 2015.



TEXT AND IMAGES BY WHEELBASE MEDIA

DELTAWING + DHX

## Electric motor collab in the works

DeltaWing Technology Group and DHX Electric Machines, both based in Georgia, are collaborating to build small, lightweight electric motors for automotive applications. The companies claim that their electric motors are 75 per cent smaller than equivalent-output motors for automotive applications, achieved through engineering improvements in heat management.



## THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

NISSAN-RENAULT

## Bolt not giving us a jolt: CEO

Facing stiffer competition from electric-car competitors — notably from the 320-kilometre all-electric Chevrolet Bolt EV coming later this year — doesn't seem to worry the CEO of the world's largest maker of electric vehicles, Carlos Ghosn of Nissan-Renault. Ghosn told attendees at the recent 2016 Automotive News World Congress in Detroit that he welcomes the competition. Expansion of the electric-vehicle segment would encourage governments, buyers and electric utilities to invest in charging infrastructure, notes alternate-vehicle web page, Green Car Reports. "We are all part of the same thing," he said. Governments need to play a major role in expanding charging infrastructure, which he views as vital to growing the appeal of electric cars with consumers.



TWO WORDS

## Honda provides clarity on fuel-cell sedan

The 2016 Honda Clarity Fuel Cell sedan will sport a fuel-cell stack that is 33 per cent more hydrogen compact, yet 60 per cent more power dense than the one in the FCX concept car that became the Clarity. Honda says the new stack fits fully under the hood, allowing more passenger space inside. Range is expected to exceed 500 kilometres and refueling time is claimed to be less than five minutes. Says auto news and enthusiast magazine, AutoWeek, "this thing is starting to sound suspiciously like a regular car."



## + IN BRIEF

### Gas leak output equivalent to driving eight billion kilometres

A methane leak at an underground natural gas storage facility near Porter Ranch, Calif., has since last November negated the environmental benefits of most of California's electric vehicles. As of late January, reports the Los Angeles Times, it was estimated to have spewed as much greenhouse gas as a car would emit if driven eight billion kilometres.



# metro SPORTS

B.C.'s Rory MacDonald, headliner of June's UFC Fight Night in Ottawa, took in batting practice and threw out the first pitch at Tuesday's Jays game

QMJHL

## Herd pair crack final scouting rankings

**Kristen Lipscombe**  
Metro | Halifax

Two Herd members have made the cut for the National Hockey League's final prospect rankings prior to the upcoming draft.

Halifax Mooseheads centreman Otto Somppi comes in at No. 78, while right-winger Maxime Fortier is listed at 145th among North American skaters in the NHL Central Scouting final rankings released Tuesday.

Somppi, 18, tallied 13 goals and 33 assists for 46 points in 59 games played during his rookie season with the Mooseheads.

The six-foot-five, 180-pound forward from Helsinki was drafted 19th overall in the 2015 CHL Import Draft by Halifax and represented the team in the CHL/NHL Top Prospects Game in late January.

Fortier, 18, notched 31 goals and 46 assists for 77 points total in 68 games played dur-

ing the 2015-16 regular season, his second full season wearing the green and red.

The five-foot-10, 178-pound forward from Lachine, Que., was drafted 34th overall in the second round of the 2013 QMJHL Draft and represented the league in the CHL Canada/Russia Series last November.

Somppi dropped from 47th on midterm NHL Central Scouting rankings released in mid-January, while Fortier remained in the same spot at 145th.

Forward Pierre-Luc Dubois of the Cape Breton Screaming Eagles was ranked at No. 1 for skaters, while netminder Evan Fitzpatrick of the Sherbrooke Phoenix was tops for goaltenders in the final rankings.



**Maxime Fortier**  
CONTRIBUTED



Alex Ovechkin reached the 50-goal plateau for the seventh time in his career. ALEX BRANDON/THE ASSOCIATED PRESS

## Heat is on Capitals

NHL

### Regular-season champs bear pressure as Cup favourites

Once again, the Washington Capitals are atop the NHL as the best regular-season team. Once again, the pressure's on them as the favourite to win the Stanley Cup and prove this year won't bring another early playoff exit.

Expectations have never been higher for Alex Ovechkin and the Capitals, six years after their first Presidents' Trophy and with their window drawing to a close. Being the best team over

82 games was worth nothing to Washington in 2010 when it lost in the first round to the Montreal Canadiens, but this team isn't running from the notion that it's Stanley Cup or bust.

"We're here to win a championship," general manager Brian MacLellan said. "Anything less than that is unsuccessful in my mind."

MacLellan isn't the only one who holds that belief. The Capitals finished 11 points ahead of the field and boast the top goal-scorer in Ovechkin, arguably the best goaltender in Braden Holtby and one of the deepest defences

around.

With the defending-champion Chicago Blackhawks looking not nearly as formidable as years past and no other dominant team in either the East or the West, this looks like the Capitals' year.

Ovechkin has heard that so much and yet hasn't made it past the second round in seven previous tries. A trip to the conference final would be the Capitals' first since 1998. That would be a step forward and a sign of progress, but with Ovechkin nearing the end of his prime and so much going for them, the Capitals have a bigger opportunity to seize.

"Every year you ask me the same question, 'This is the year, this is the year?'" Ovechkin said. "You never know what's going to happen in the playoffs. It's a total different thing."

The unpredictability of play-

off hockey is the biggest obstacle standing in the Capitals' way. So much has to go right, from health to matchups to goaltending.

A trip to the conference final would be the Capitals' first since 1998. That would be a step forward and a sign of progress, but with Ovechkin nearing the end of his prime and so much going for them, the Capitals have a bigger opportunity to seize.

"We're here to win it all," MacLellan said. "I don't know that if we get to the third round, does it make us feel any better? No. The only thing that makes you feel better is you win.... We recognize where we're at and we want to win a championship." THE ASSOCIATED PRESS

8

Only eight of 29 Presidents' Trophy winners have gone on to win the Stanley Cup.

## Sens' new GM fires coach Dave Cameron



Dave Cameron THE CANADIAN PRESS

Pierre Dorion wasted no time making his first move as general manager of the Ottawa Senators.

Head coach Dave Cameron and assistants Andre Tourigny, Jason Smith and Rick Wamsley were all fired Tuesday, just two days after Dorion took over as GM from Bryan Murray. Smith was offered another position within the organization.

Ottawa missed the NHL playoffs after posting a disappointing 38-35-9 record.

Cameron completed his first full season as Ottawa's head coach, posting a 70-50-17 overall record. He also spent three years as an assistant coach with the club and has a year remaining on his contract.

Cameron, 57, was the 11th coach in franchise history. He

took over as head coach Dec. 8, 2014 after the struggling team fired Paul MacLean.

The Senators made an improbable run to the post-season after Cameron took over, qualifying for the playoffs in their final regular-season game. Ottawa finished 23-4-4 over its final 31 games, making up a 14-point deficit.

THE CANADIAN PRESS

TELEVISION

## Ratings mirror woes of Canadian teams

The biggest roll of the dice in Canadian TV history has come up snake eyes.

All seven Canadian teams sit on the sidelines as Rogers Media wraps up the second season of a \$5.2-billion, 12-year deal with the NHL.

With little to cheer for, ratings have taken a massive hit.

Overnight estimates for last

### NHL IN BRIEF

#### Scoring remains stagnant

For the fourth consecutive 82-game season, the NHL has failed to top 6,600 goals scored.

This year's total is 858 goals fewer than in 2005-06, when the NHL revamped its rules to eliminate clutching and grabbing in a bid to open up offence.

The NHL is expected to introduce new rules next season in which the equipment a goalie wears is based on a player's individual size. THE ASSOCIATED PRESS

#### Sharks to open series vs. Kings with Jones in goal

San Jose Sharks coach Peter DeBoer has officially named Martin Jones his starting goaltender for Game 1 of the playoffs against the Los Angeles Kings.

DeBoer said Tuesday that Jones will start the opener and he will take it game by game after that with backup James Reimer.

Jones won 37 games this season while Reimer had three shutouts in eight starts. THE ASSOCIATED PRESS

# Real saved by classic Cristiano magic

UEFA CHAMPIONS LEAGUE

## Portuguese's treble gets whiteshirts out of trouble

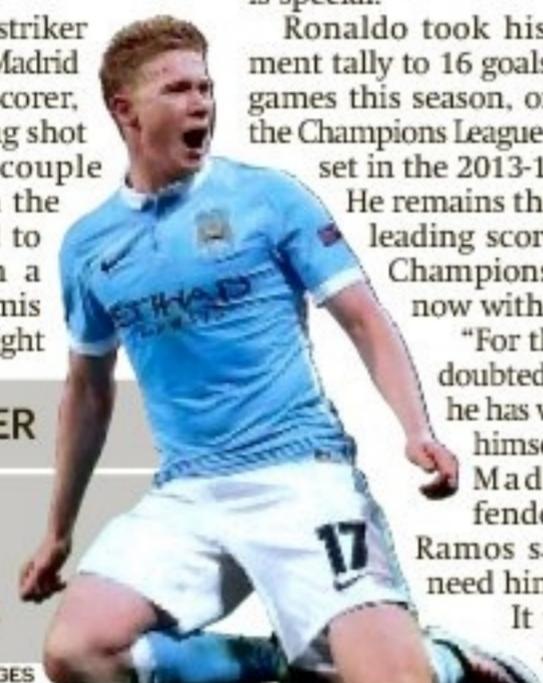
Cristiano Ronaldo came through for Real Madrid again, scoring a hat trick to lead his team back to the semifinals of the Champions League with a 3-0 win over Wolfsburg on Tuesday.

Ronaldo netted goals in the

### AT THE ETIHAD IN MANCHESTER

**Kevin de Bruyne** sent Manchester City into the Champions League semifinals for the first time, securing a hard-fought 1-0 win over Paris Saint-Germain to build on a 2-2 draw from the first leg.

GETTY IMAGES



MLB

## Upton's bat wakes up against Pirates

Justin Upton had four hits, including a first-inning home run off a camera well above centre field, and the Detroit Tigers beat the Pittsburgh Pirates 8-2 Tuesday.

Upton entered batting .227 with 10 strikeouts in 22 at-bats, then raised his average to .333 with the 11th game of four hits or more in his big-league career. According to MLB's Statcast system, the home run would have gone 451 feet had it landed unimpeded.



Justin Upton GETTY IMAGES

J.D. Martinez had his second career four-hit game, and Ian Kinsler homered.

THE ASSOCIATED PRESS

### IN BRIEF

#### No. 42's contract on display

Jackie Robinson's contract with the Brooklyn Dodgers that broke Major League Baseball's colour barrier is on public view in New York and soon in other places, as well.

The April 11, 1947, document, together with a contract Robinson signed two years earlier with the Montreal Royals, is on display at Collectors Cafe, a collectibles auction venture in Times Square. The documents will go on a tour of other cities after a week in New York. THE ASSOCIATED PRESS

#### TUESDAY At Bernabeu

3	0
MADRID	WOLFSBURG

40th hat trick for club and country, and the sixth this season.

Several minutes after the final whistle, Ronaldo and the rest of the Madrid players returned to the pitch to show their appreciation to the fans who were still celebrating at the Santiago Bernabeu Stadium.

"It was a special night, we started with tremendous intensity and showed our rival how much we wanted this," Zidane said. "The fans were phenomenal today. We can only thank them for how they supported us." THE ASSOCIATED PRESS



Cristiano Ronaldo headed in the second of his three goals against Wolfsburg on Tuesday. CURTO DE LA TORRE/AFP/GTET IMAGES

NBA

## 'Ludicrous' 73 wins in Warriors' hands

Stephen Curry never figured the Chicago Bulls' 72-win mark could be matched or eclipsed.

Twenty years later, the reigning MVP and his Golden State Warriors are on the brink of doing just that and making yet more history this season.

"I knew what it was but you never really thought about it in perspective of anybody chasing it. It was kind of that number that was out there that seemed invincible," Curry said Tuesday. "Even at the beginning of this

year, even when we started 24-0, it was kind of: 'Well, maybe we can do it. We're going to keep playing every night with the intention of winning as many games as possible,' but it just sounded kind of ludicrous, 72-10, how much good play has to go into it. We're there now, 72-9, and we've got one more chance to beat it."

That comes Wednesday, when Memphis visits Golden State who are going for win 73 to best the 1995-96 Bulls. THE ASSOCIATED PRESS

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**RECIPE** Orzo, Basil & Tomato salad

PHOTO: MAYA VISNEY

**Ceri Marsh & Laura Keogh**  
For Metro Canada

This salad packs lots of flavour due to the fresh basil and tomatoes, and it makes you think you're eating a picnic dinner in a garden. Not bad for a Wednesday.

**Ready in**  
Prep time: 20 minutes  
Cook time: 10 minutes

**Ingredients**

- 2 cups cooked orzo
- 25 fresh basil leaves, various sizes
- 1 shallot, cut into quarters
- 2 cloves garlic
- 3/4 cup olive oil
- zest and juice of one lemon
- 1 teaspoon honey
- salt

- 1 tablespoon water
- 1 cup halved cherry tomatoes
- 1 cup shaved parmesan cheese
- 5 mint leaves chopped

**Directions**

**1.** Cook orzo pasta according to package directions. Set aside.

**2.** Place basil leaves, shallot, garlic, oil, lemon zest and juice, honey and salt in a blender (you can also use an immersion blender) with water and give it a whiz until blended.

**3.** Mix dressing into pasta. Stir in cherry tomatoes and parmesan. Sprinkle fresh chopped mint.

FOR MORE MEAL IDEAS, VISIT  
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**CROSSWORD** Canada Across and Down BY KELLY ANN BUCHANAN

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58			59		60				61	62	63	
64			65				66					
67			68				69					

**ACROSS**

- Historic Puritan port city
- Customer's slip [abbr.]
- Poet's 'atop'
- Treasured stashes
- 'Smack' suffix (Dollar, in slang)
- Opposite SSW
- Crunch those numbers again
- 2016 Pres. candidate ...his initials-sharers
- Neither 'for' nor 'against' [abbr.]
- Positioned-to-catch-the-baseball shout!: 3 wds.
- Mishmash
- Country property expanse
- Ms. Sands of '60s songs
- Pre-summer time, wee-ly
- Top\_ (Best of the best)
- \_ Park (Thomas Edison's home/lab site in New Jersey)
- Like the 'feet' of some poets
- "...the bombs bursting \_\_\_\_"
- \_ Khan Museum (Toronto attraction)
- Mr. Wyle's
- Detector
- Pull at: 2 wds.
- Remain: 2 wds.
- Mr. Geller
- Barn's weathered decoration
- "Bravai"-inducing vocal
- \_ chicken (Swiss Chalet's famous
- serving)
- Boulevard in Winnipeg
- The Koh-i-\_ Diamond
- Ken (Working dog breed)
- Canadian team of superheroes in Marvel Comics: 2 wds.
- Mel of baseball fame
- Reality star Coco's rapper-turned-actor husband
- Healthier
- PBS funding org.
- Sr. and Jr. actors Chaney
- Mr. Arnaz's (Lu-
- cille's love)
- model Linda's
- Skirmish
- Fam. member
- TV's Mr. Kilborn
- Sage or parsley, etc. ...culinary-style
- fine line
- Next up at bats: 2 wds.
- Full

**DOWN**

- Lil' narrow water-way
- The Who's "Who You"
- 1989: "Wild Thing" by Tone\_
- Canadian super-
- Li'l narrow water-way
- Reality star Coco's rapper-turned-actor husband
- Healthier
- PBS funding org.
- Sr. and Jr. actors Chaney
- Mr. Arnaz's (Lu-
- model Linda's
- Skirmish
- Fam. member
- TV's Mr. Kilborn
- Sage or parsley, etc. ...culinary-style
- fine line
- Next up at bats: 2 wds.
- Full

**\*IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
Power struggles might create domestic arguments today. Don't take the bait! Remind yourself how important family harmony is for you as well as for others.

**Taurus** April 21 - May 21  
Be careful, because this is a mildly accident-prone day. People are intent on getting their own way, even if unexpected obstacles arise. Take it easy.

**Gemini** May 22 - June 21  
Quarrels about money and possessions might take place today because someone opposes your ideas. Listen to others, and look for a win/win solution.

**Cancer** June 22 - July 23  
Bosses and parents might catch you off-guard today, which in turn, creates an argument with a partner or close friend. Something will upset you. Nevertheless, don't let this ruin your day. Rise above it.

**Leo** July 24 - Aug. 23  
Travel plans will be canceled, changed or delayed today. Meanwhile, avoid controversial subjects, because these could spiral into something nasty.

**Virgo** Aug. 24 - Sept. 23  
Disputes about inheritances, shared property, taxes and debt will occur today. A female friend might oppose you, especially if it relates to your kids.

**Libra** Sept. 24 - Oct. 23  
This is a poor day to challenge authority figures — parents, bosses, teachers and the police. Everything is a bit of a crapshoot, so keep your head down and your powder dry.

**Scorpio** Oct. 24 - Nov. 22  
This is a mildly accident-prone day for your sign. It's also an accident-prone day at work. This means you should slow down and pay attention to everything you say and do.

**Sagittarius** Nov. 23 - Dec. 21  
Make friends with your bank account and anything having to do with taxes, debt and shared property, because something unexpected will occur today. This is also an accident-prone day for your kids. Be alert!

**Capricorn** Dec. 22 - Jan. 20  
Quarrels with partners and close friends might arise today, especially because of news or a surprising turn of events at home.

**Aquarius** Jan. 21 - Feb. 19  
Be careful, because this is an accident-prone day, especially at work. Knowing this, be mindful. Don't be in a rush to do anything. Look around you.

**Pisces** Feb. 20 - March 20  
Social plans, vacations and something to do with your finances might surprise you today. Perhaps a planned event costs more than you thought it would? (Welcome to the club.)

**CONCEPTIS SUDOKU** by Dave Green

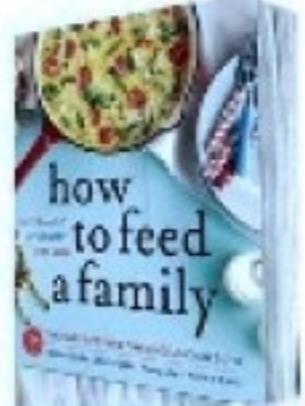
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